



S.O.A.R. Physical Therapy
Sports. Orthopedics. & Active Rehabilitation.

224 Farenholt Avenue UR 1 Building Tamuning, Guam 96913
Phone 671.647-0110-Fax 671.647-0112
Email admin@soarphysicaltherapy.com

Dear S.O.A.R. PT Clients:

May 6, 2020

The Clinic will begin to open for business, after May 9, 2020. We will continue to follow guidelines and safe practices put forth by our local public health and our national physical therapy association. We will adhere to best practices that are in line with the Centers of Disease Control (CDC), Guam Public Health, and the Governor's Executive Orders.

- Universal Precautions
- Screening procedures
- Patient scheduling Guidelines
- PPEs and CDC's extended use recommendations
- Cleaning and Disinfecting Procedures

Thank you for your patience when we closed our doors to help flatten the curve. Now it is time ease into important activities such as self-care and wellness.

We look forward to having you return to our clinic for your care and we are glad to be your healthcare partner.

Stay safe,

S.O.A.R. Physical Therapy Staff

CC: Guam Public Health-GBAHE



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YES! We Are Open to Serve Your Patients and Our Community

S.O.A.R. Physical Therapy is committed to keeping your patients and our staff safe. We are following all precautions required by the CDC and Guam Public Health

1. We **screen** all patients entering our office both over the phone and in person
2. We **sanitize** patient areas between patients throughout the day
3. We are **maximizing** required social distancing by scheduling only 1 patient at a time with only 1 PT in the clinic at a time
4. Our staff is **equipped** with face masks. Gloves and face shields used if appropriate
5. We are also **offering** Telehealth visits if appropriate

Our services have expanded into **Pelvic Health** and **Performance Training**

Don't hesitate to call our office if you have any questions. 647-0110 or Fax 647-0112

Julienne Duenas, PT, DPT

Jordan Tingson, PT, DPT, CSCS



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Screening Procedures

- Symptoms of fever, cough, or shortness of breath
- Travel to countries in the past 14 days that have a level 3 warning per the CDC or been on a cruise
- Close contact with a person confirmed to have COVID-19 coronavirus

Patient Scheduling Guidelines

*If patient answers *YES* to any of the above questions, reschedule appointment

*High Risk:

- Elderly 65+ with comorbidities
- Serious chronic medical conditions: heart disease, diabetes, lung disease
- Respiratory patients
- Patients with multiple comorbidities

Special Precautions

- Scheduling only one patient at a time
- Practicing social distancing
- Limiting number of visitors
- Utilizing personal protective equipment (PPE)
- Screening patients
- Heightened level of disinfecting



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Limiting Number of Visitors

We are limiting the number of people in our clinic. Only essential family members or caregivers will be allowed to attend and will be confined to our waiting area. We have suspended all visits from others, including any outside vendors, students, and non-essential staff. Please wait in your vehicle to limit exposure.

COVID-19 REPORTING CHECKLIST: 4/6/20

	Task	APTA/PPS Resources
Employment/Staff Management		
<input type="checkbox"/>	Notify patients and staff how to report a positive test to your practice	
<input type="checkbox"/>	Confirm the date the patient was seen in your clinic	
<input type="checkbox"/>	Identify staff and patients that were present on the same day	
<input type="checkbox"/>	Personalize a letter to inform anyone who was possibly exposed	Sample Letter
<input type="checkbox"/>	Check CDC Guidelines for additional guidance	https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html#table1
<input type="checkbox"/>	Report Incident to local public health agencies	https://www.cdc.gov/publichealthgateway/healthdirectories/index.html
<input type="checkbox"/>	Follow up with patients and staff after 14 days	

Sample Letter for Notifying Your Patients of Clinic Exposure

Drafted 4/6/20

Follow public health guidelines and modify this letter as needed.

(DATE)

Dear (NAME),

Over the past few weeks, we have watched the spread of COVID-19 impact our nation and community. Unfortunately, recently it touched closer to home and the (CLINIC NAME) community as well. On (DATE), we were notified that an individual who was in our clinic on (DATE) has a confirmed case of COVID-19. While risk of COVID-19 spread is minimized using our clinic's precautions, you were present in that clinic on the same day, and thus, we are notifying you of potential exposure. Per CDC guidelines, we recommend our staff self-monitor for the next 14-days. How you choose to proceed is your decision, however, below is some helpful information to help plan your response.

Self-monitoring includes: Monitor yourself for fever by taking your temperature twice a day. Remain alert for respiratory symptoms (e.g., cough, shortness of breath, sore throat). Avoid contact with others and wear a cloth mask when in public to minimize spread. If you notice symptoms, contact your medical provider immediately.

Our staff will continue working in our clinic as long as each staff member remains asymptomatic and masks are worn. The entire office will be cleaned/sanitized per our normal protocol.

As noted above, if you start to experience symptoms, you should immediately quarantine yourself from others, contact your physician, and follow their recommended guidance.

Per CDC Guidelines, (CLINIC NAME) will notify the appropriate public health departments regarding this incident.

If you have any questions, do not hesitate to contact (CONTACT PERSON) at (email or phone number)

Regards,

(NAME)

(CLINIC NAME, POSTION)

Contact your local health department: <https://www.naccho.org/membership/lhd-directory>



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CDC – N95 Respirator Extended Use Recommendations

*Must maintain fit and function

*Discard any obviously damaged respirator or if it becomes hard to breathe through

- Discard N95 respirators following use during aerosol generating procedures.
- Discard N95 respirators contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.
- Discard N95 respirators following close contact with, or exit from, the care area of any patient co-infected with an infectious disease requiring contact precautions.
- Consider use of a cleanable face shield (preferred) over an N95 respirator and/or other steps (e.g., masking patients, use of engineering controls) to reduce surface contamination.
- Perform hand hygiene with soap and water or an alcohol-based hand sanitizer before and after touching or adjusting the respirator (if necessary, for comfort or to maintain fit).



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CDC – N95 Respirator Reuse Recommendations

*Maximum of 5 donnings

*Pack or store respirators between uses to avoid deformity or damage

*Label storage containers or respirator itself between uses

- Discard N95 respirators following use during aerosol generating procedures.
- Discard N95 respirators contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.
- Discard N95 respirators following close contact with any patient co-infected with an infectious disease requiring contact precautions.
- Consider use of a cleanable face shield (preferred³) over an N95 respirator and/or other steps (e.g., masking patients, use of engineering controls), when feasible to reduce surface contamination of the respirator.
- Hang used respirators in a designated storage area or keep them in a clean, breathable container such as a paper bag between uses. To minimize potential cross-contamination, store respirators so that they do not touch each other and the person using the respirator is clearly identified. Storage containers should be disposed of or cleaned regularly.
- Clean hands with soap and water or an alcohol-based hand sanitizer before and after touching or adjusting the respirator (if necessary for comfort or to maintain fit).
- Avoid touching the inside of the respirator. If inadvertent contact is made with the inside of the respirator, discard the respirator and perform hand hygiene as described above.
- Use a pair of clean (non-sterile) gloves when donning a used N95 respirator and performing a user seal check. Discard gloves after the N95 respirator is donned and any adjustments are made to ensure the respirator is sitting comfortably on your face with a good seal.



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Cleaning & Disinfecting

*High touch surfaces between patients

- Doorknobs/handles
- Therapeutic equipment
- Light switches
- Countertops
- Desks
- Phones
- Keyboards
- Sinks/Faucets
- Toilets

Disinfectant Solutions

1. Isopropyl Alcohol
 - 70% + alcohol solutions
2. Sodium Hypochlorite Solution (Diluted Liquid Bleach)
 - Ratios:
 - 5 Tablespoons (1/3 cup) bleach per gallon of water
 - 4 teaspoons bleach per quart of water
 - 1 teaspoon bleach per cup of water

-To properly disinfect, solution needs to be in contact with surface for at least *5 minutes*

-Homemade should be remade after *24 hours*

5.9.2020